

What is claimed is:

1. A bodily fluid sampling device, comprising:

an incision forming device to form an incision in a finger; and

5 an expression cap defining an opening through which the incision forming device forms an incision, the expression cap having an expression surface to express fluid from the incision, the expression surface having at least two opposing compression surfaces with a negative sigmoidal shape to enhance expression of body fluid from the incision, the expression cap defining a relief notch between the compression surfaces, the relief notch
10 being sized to receive the finger to permit the compression surfaces to first contact the finger when the expression surface is pressed against the finger.

2. The sampling device of claim 1, wherein:

the expression cap includes a support portion and an expression portion detachably
15 coupled to the support portion, wherein the expression portion is detachable from the support portion to allow cleaning of the expression portion.

3. The sampling device of claim 1, further comprising a testing device disposed in the expression cap for analyzing the fluid from the incision.

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4. The sampling device of claim 1, wherein the expression surface is textured to enhance expression of fluid from the incision.

5. The sampling device of claim 4, wherein the expression surface defines a
25 plurality of ridges.

6. The sampling device of claim 1, wherein the relief notch extends on opposite sides of the opening.

7. The sampling device of claim 1, further comprising a device body coupled to the expression cap.

8. The sampling device of claim 7, wherein the expression cap is removable from the device body.

9. A bodily fluid sampling device, comprising:
means for forming an incision in a body part; and
an expression cap defining an opening through which the means for forming the incision forms the incision, the expression cap having an expression surface, the expression surface defining a relief notch, wherein the expression surface is shaped to apply a generally even force against the body part when expressing body fluid from the incision.

10. The sampling device of claim 9, wherein the expression surface has a negative sigmoid shape.

11. The sampling device of claim 9, wherein the expression surface has a saddle shape.

12. The sampling device of claim 9, wherein the relief notch extends across the opening.

13. The sampling device of claim 9, wherein the expression cap has a generally cylindrical shape.

14. The sampling device of claim 9, wherein an area of contact between the expression surface and the body part has a surface area between about 0.2 to 0.6 square inches.

15. A method, comprising:

providing a sampling device that has an expression surface with at least two opposing compression surfaces that have a negative sigmoidal shape and a relief notch defined between the compression surfaces that is shaped to generally conform to a body part;

placing the expression surface against the body part with at least a portion of the body part received in the relief notch;

forming an incision in the body part with the sampling device; and

expressing body fluid from the incision by exerting pressure between the body part and the expression surface.

16. The method of claim 15, wherein the expression surface has a negative sigmoid shape.

17. The method of claim 15, further comprising analyzing the body fluid with the sampling device.

18. The method of claim 15, further comprising keeping the sampling device in place against the body part during said forming and said expressing.

19. The method of claim 15, wherein said placing the expression surface against the body part occurs before said expressing the body fluid.

5 20. The method of claim 15, wherein said expressing includes pressing the body part against the expression surface.

21. The method of claim 15, wherein said expressing includes pressing the expression surface against the body part.

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22. The method of claim 15, wherein:

the sampling device includes an incision forming device;

the expression surface defines an opening; and

said forming the incision includes forming the incision through the opening with the

15 incision forming device.